

CLAIMS

What is claimed is:

Sub A2

5 1. A hand held apparatus for use during pregnancy labor comprising: an enclosure case of essentially rectangular shape providing a lower portion having a width enabled for enclosing within the palm of one hand; and an upper portion of greater width than the lower portion; a pair of opposing shoulders transitioning between the lower and upper portions; the case further comprising a front and a back panels, said panels in convergent juxtaposition between a top and bottom surfaces; the front panel providing a display device, actuation buttons and a sound port.

10

2. A method of timing childbirth labor contractions comprising the steps of: providing a timing device with a visible display, a calculating means, a memory device and a selection means; selecting an initiation time for each of a plurality of labor contractions at the onset thereof; displaying elapsed contraction time during each of the contractions on the visible display; selecting a termination time for each of the labor contractions at the diminution thereof; calculating a time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the time intervals and time durations in the memory device; and displaying the time durations and intervals, in sequence, including visual indication distinguishing between time duration display and time interval display.

15

20

25 3. The method of claim 2 comprising the further steps of: storing a plurality of childbirth labor practice instruction sets in the memory device, the instruction sets including: early labor, active labor, transition labor, and pushing labor; displaying an indication of each of the practice sets in turn on the visible display device; selecting one of the practice sets; calculating a plurality of contraction durations and contraction intervals using a random number generator; displaying the plurality of contraction durations and intervals

in sequence on the visible display; and indicating, audibly, the beginning and end of each practice contraction, in accordance with, and during display of the selected instruction set.

5 4. The method of claim 3 comprising the further steps of: selecting from a plurality of displayed values from the memory device, at least one alert parameter, from labor contraction duration, labor contraction interval, labor contraction duration quantities, labor contraction interval quantities, and the "and" and "or" function; storing the selected at least one alert labor contraction parameter in the memory device; upon actual 10 labor, selecting an initiation time and a termination time for each of a plurality of sequential labor contractions; calculating a time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the contraction duration times and each of the interval times in the memory device; and enabling an alert action when a match occurs between at least one 15 of the, alert parameters and the calculated contraction time durations and intervals.

20 *Sub A3*

5. A method of timing childbirth labor contractions comprising the steps of: providing a timing device with a visible display, a calculating means, a memory device and a selection means; selecting an initiation time for each of a plurality of labor contractions at the onset thereof; displaying elapsed contraction time during each of the contractions on the visible display; selecting a termination time for each of the labor contractions at the diminution thereof; calculating a time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the time intervals and time durations in the memory device; and displaying the 25 time durations and intervals in sequence, including visual indication distinguishing between time duration display and time interval display; and further comprising; selecting from a plurality of displayed values at least one alert parameter from labor contraction duration, labor contraction interval, labor contraction duration quantities, labor contraction interval quantities, and the "and" and "or" functions, each labeled for

*Cond
Sul A3*

identification on the visual display, storing the selected alert contraction parameters in the memory device; selecting an initiation time and a termination time for each of a plurality of sequential labor contractions; calculating a time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the contraction duration times and each of the interval times in the memory device; and enabling an alert action when a match occurs between at least one of the selected alert parameters and the calculated contraction time durations and intervals and the quantities therof for each.

10 6. A method of timing childbirth labor contractions comprising the steps of: providing a timing device with a visible display, a calculating means, a memory device and a selection means; storing a plurality of childbirth labor practice instruction sets in the memory device, the instruction sets including: early labor, active labor, transition labor, and pushing labor; displaying an indication of each of the practice sets in turn on the visible display device; selecting one of the practice sets when displayed; calculating a plurality of contraction durations and contraction intervals using a random number generator; displaying the plurality of contraction durations and intervals in sequence on the visible display; and indicating, audibly, the beginning and end of each practice contraction and selected times during each contraction in accordance with, and during display of the selected instruction set.

25 *Self
P4*

7. A method of timing childbirth labor contractions comprising the steps of: providing a timing device with a visible display, a calculating means, a memory device and a selection means; selecting from a plurality of displayed values, at least one alert parameter from labor contraction duration, labor contraction interval, labor contraction duration quantities, labor contraction interval quantities, and the "and" and "or" functions, each labeled for identification on the visual display, storing the selected alert labor contraction parameters in the memory device; selecting an initiation time and a termination time for each of a plurality of sequential labor contractions; calculating a

time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the contraction duration times and each of the interval times in the memory device; and enabling an alert action when a match occurs between at least one of the selected alert parameters and the calculated contraction time durations and intervals.

5 *Cond Sub A4*

8. A method of timing childbirth labor contractions comprising the steps of: providing a timing device with a visible display, a calculating means, a memory device and a selection means; storing a plurality of childbirth labor practice instruction sets in the 10 memory device, the instruction sets including: early labor, active labor, transition labor, and pushing labor; displaying an indication of each of the practice sets in turn on the visible display device; selecting one of the practice sets when displayed; calculating a plurality of contraction durations and contraction intervals using a random number generator; displaying the plurality of contraction durations and intervals in sequence on the visible display; and indicating audibly, the beginning and end of each practice 15 contraction and selected times during each contraction, in accordance with, and during display of the selected instruction set; and further comprising, selecting from a plurality of displayed values of at least one alert parameter, contraction duration, labor contraction interval, labor contraction duration quantities, labor contraction interval quantities, and the "and" and "or" functions, each labeled for identification on the visual display; storing the selected alert contraction parameters in the memory device; selecting an initiation 20 time and a termination time for each of a plurality of sequential labor contractions; calculating a time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the contraction duration times and each of the interval times in the memory device; and enabling an alert action when a match occurs between at least one of the selected alert parameters and the 25 calculated contraction time durations and intervals.

100-200-300-400-500
600-700-800-900
1000-1100-1200-1300
1400-1500-1600-1700
1800-1900-2000-2100
2200-2300-2400-2500
2600-2700-2800-2900
3000-3100-3200-3300
3400-3500-3600-3700
3800-3900-4000-4100
4200-4300-4400-4500
4600-4700-4800-4900
5000-5100-5200-5300
5400-5500-5600-5700
5800-5900-6000-6100
6200-6300-6400-6500
6600-6700-6800-6900
7000-7100-7200-7300
7400-7500-7600-7700
7800-7900-8000-8100
8200-8300-8400-8500
8600-8700-8800-8900
9000-9100-9200-9300
9400-9500-9600-9700
9800-9900-10000-10100
10200-10300-10400-10500
10600-10700-10800-10900
11000-11100-11200-11300
11400-11500-11600-11700
11800-11900-12000-12100
12200-12300-12400-12500
12600-12700-12800-12900
13000-13100-13200-13300
13400-13500-13600-13700
13800-13900-14000-14100
14200-14300-14400-14500
14600-14700-14800-14900
15000-15100-15200-15300
15400-15500-15600-15700
15800-15900-16000-16100
16200-16300-16400-16500
16600-16700-16800-16900
17000-17100-17200-17300
17400-17500-17600-17700
17800-17900-18000-18100
18200-18300-18400-18500
18600-18700-18800-18900
19000-19100-19200-19300
19400-19500-19600-19700
19800-19900-20000-20100
20200-20300-20400-20500
20600-20700-20800-20900
21000-21100-21200-21300
21400-21500-21600-21700
21800-21900-22000-22100
22200-22300-22400-22500
22600-22700-22800-22900
23000-23100-23200-23300
23400-23500-23600-23700
23800-23900-24000-24100
24200-24300-24400-24500
24600-24700-24800-24900
25000-25100-25200-25300
25400-25500-25600-25700
25800-25900-26000-26100
26200-26300-26400-26500
26600-26700-26800-26900
27000-27100-27200-27300
27400-27500-27600-27700
27800-27900-28000-28100
28200-28300-28400-28500
28600-28700-28800-28900
29000-29100-29200-29300
29400-29500-29600-29700
29800-29900-30000-30100
30200-30300-30400-30500
30600-30700-30800-30900
31000-31100-31200-31300
31400-31500-31600-31700
31800-31900-32000-32100
32200-32300-32400-32500
32600-32700-32800-32900
33000-33100-33200-33300
33400-33500-33600-33700
33800-33900-34000-34100
34200-34300-34400-34500
34600-34700-34800-34900
35000-35100-35200-35300
35400-35500-35600-35700
35800-35900-36000-36100
36200-36300-36400-36500
36600-36700-36800-36900
37000-37100-37200-37300
37400-37500-37600-37700
37800-37900-38000-38100
38200-38300-38400-38500
38600-38700-38800-38900
39000-39100-39200-39300
39400-39500-39600-39700
39800-39900-40000-40100
40200-40300-40400-40500
40600-40700-40800-40900
41000-41100-41200-41300
41400-41500-41600-41700
41800-41900-42000-42100
42200-42300-42400-42500
42600-42700-42800-42900
43000-43100-43200-43300
43400-43500-43600-43700
43800-43900-44000-44100
44200-44300-44400-44500
44600-44700-44800-44900
45000-45100-45200-45300
45400-45500-45600-45700
45800-45900-46000-46100
46200-46300-46400-46500
46600-46700-46800-46900
47000-47100-47200-47300
47400-47500-47600-47700
47800-47900-48000-48100
48200-48300-48400-48500
48600-48700-48800-48900
49000-49100-49200-49300
49400-49500-49600-49700
49800-49900-50000-50100
50200-50300-50400-50500
50600-50700-50800-50900
51000-51100-51200-51300
51400-51500-51600-51700
51800-51900-52000-52100
52200-52300-52400-52500
52600-52700-52800-52900
53000-53100-53200-53300
53400-53500-53600-53700
53800-53900-54000-54100
54200-54300-54400-54500
54600-54700-54800-54900
55000-55100-55200-55300
55400-55500-55600-55700
55800-55900-56000-56100
56200-56300-56400-56500
56600-56700-56800-56900
57000-57100-57200-57300
57400-57500-57600-57700
57800-57900-58000-58100
58200-58300-58400-58500
58600-58700-58800-58900
59000-59100-59200-59300
59400-59500-59600-59700
59800-59900-60000-60100
60200-60300-60400-60500
60600-60700-60800-60900
61000-61100-61200-61300
61400-61500-61600-61700
61800-61900-62000-62100
62200-62300-62400-62500
62600-62700-62800-62900
63000-63100-63200-63300
63400-63500-63600-63700
63800-63900-64000-64100
64200-64300-64400-64500
64600-64700-64800-64900
65000-65100-65200-65300
65400-65500-65600-65700
65800-65900-66000-66100
66200-66300-66400-66500
66600-66700-66800-66900
67000-67100-67200-67300
67400-67500-67600-67700
67800-67900-68000-68100
68200-68300-68400-68500
68600-68700-68800-68900
69000-69100-69200-69300
69400-69500-69600-69700
69800-69900-70000-70100
70200-70300-70400-70500
70600-70700-70800-70900
71000-71100-71200-71300
71400-71500-71600-71700
71800-71900-72000-72100
72200-72300-72400-72500
72600-72700-72800-72900
73000-73100-73200-73300
73400-73500-73600-73700
73800-73900-74000-74100
74200-74300-74400-74500
74600-74700-74800-74900
75000-75100-75200-75300
75400-75500-75600-75700
75800-75900-76000-76100
76200-76300-76400-76500
76600-76700-76800-76900
77000-77100-77200-77300
77400-77500-77600-77700
77800-77900-78000-78100
78200-78300-78400-78500
78600-78700-78800-78900
79000-79100-79200-79300
79400-79500-79600-79700
79800-79900-80000-80100
80200-80300-80400-80500
80600-80700-80800-80900
81000-81100-81200-81300
81400-81500-81600-81700
81800-81900-82000-82100
82200-82300-82400-82500
82600-82700-82800-82900
83000-83100-83200-83300
83400-83500-83600-83700
83800-83900-84000-84100
84200-84300-84400-84500
84600-84700-84800-84900
85000-85100-85200-85300
85400-85500-85600-85700
85800-85900-86000-86100
86200-86300-86400-86500
86600-86700-86800-86900
87000-87100-87200-87300
87400-87500-87600-87700
87800-87900-88000-88100
88200-88300-88400-88500
88600-88700-88800-88900
89000-89100-89200-89300
89400-89500-89600-89700
89800-89900-90000-90100
90200-90300-90400-90500
90600-90700-90800-90900
91000-91100-91200-91300
91400-91500-91600-91700
91800-91900-92000-92100
92200-92300-92400-92500
92600-92700-92800-92900
93000-93100-93200-93300
93400-93500-93600-93700
93800-93900-94000-94100
94200-94300-94400-94500
94600-94700-94800-94900
95000-95100-95200-95300
95400-95500-95600-95700
95800-95900-96000-96100
96200-96300-96400-96500
96600-96700-96800-96900
97000-97100-97200-97300
97400-97500-97600-97700
97800-97900-98000-98100
98200-98300-98400-98500
98600-98700-98800-98900
99000-99100-99200-99300
99400-99500-99600-99700
99800-99900-100000-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
100200-100300-100400-100500
100600-100700-100800-100900
100100-100200-100300-100400
100500-100600-100700-100800
100900-100100-100200-100300
100400-100500-100600-100700
100800-100900-100100-100200
100300-100400-100500-100600
100700-100800-100900-100100
1